

Find your health at
our thermal springs



**ZDRAVSTVENI CENTER
TERME PTUJ**



Beneficial water and excellent qualifications for success in sports medicine and orthopaedics

Around the springs of healing thermal water, we have built a comprehensive range of medical, therapeutic and unique relaxation services for a stronger path through life. The Ptuj thermal water has proven and established healing properties. It is effective in the treatment and rehabilitation of degenerative conditions, locomotor system disorders, injuries and post-operative conditions of the skeletal system, joints and muscles. Terme Ptuj is also the ideal place for people looking to restore or strengthen their health, as renowned specialists in various fields will help you identify and eliminate the causes of your health problems.

At the Terme Ptuj Health Centre, we treat:

- Pain in the spine
- Post-trauma and post-operative conditions of the locomotor system (shoulder girdle, elbow, wrist, hip, knee)
- Sports injuries
- Other degenerative conditions: vertebral and vertebrogenic syndromes, arthrosis, spondyloarthropathy
- Osteoporosis treatment and prevention

Specialist medical services

Renowned specialists in various fields will help you identify and eliminate the causes of your health problems. Appointments for examinations at specialist clinics should be booked in advance.

Physiatry clinic

Physical medicine and rehabilitation is a special branch of medicine that deals with conservative treatment using physical and natural factors for conditions of the locomotor system and pain in the joints, spine or muscles that make it difficult for patients to perform everyday tasks, cause them to feel unwell, restrict their movement or limit their ability to engage in sports and recreation.

The physiatry specialist is in charge of the rehabilitation process for patients who come for balneo (bathing) rehabilitation. They also advise hotel guests on how to choose the right medical programme or therapy and provide specialist examinations of referral patients and self-funded specialist examinations in physical medicine and rehabilitation.

	PRICE
Initial examination by a physical medicine and rehabilitation specialist	80,00 €
Repeat examination by a physical medicine and rehabilitation specialist	50,00 €
Blockade	30,00 €



Orthopaedic clinic for the spine, orthopaedics and sports injuries

	PRICE
Consultation with an orthopaedist - first	100,00 €
Consultation with an orthopaedist - repeated	60,00 €
Blockade	30,00 €

Neurosurgery clinic

	PRICE
Consultation with a neurosurgeon - first	100,00 €
Consultation with a neurosurgeon - repeated	60,00 €
Blockade	30,00 €

Basic medical services

	PRICE
Hotel room visit by a physician	30,00 €
Hotel room visit by a nurse	15,00 €
Blood pressure measurement	5,00 €
Wound dressing and care	15,00 €
Injection (intramuscular, subcutaneous) according to the physician's written instructions (own medication)	7,00 €
Injection (intramuscular, subcutaneous) according to the physician's written instructions (including medication)	15,00 €
Elastic bandage (application)	10,00 €
Issuing a prescription	5,00 €
Accompanying the patient to therapies (per day)	10,00 €
Daily care – partial per day	25,00 €
Administrative certificate	10,00 €
Issuing duplicates of medical documents (per A4 page)	0,50 €/page

Therapy

Kinesiotherapy

Physiotherapy helps to maintain and improve your functional status and well-being. It enables you to return to your everyday life faster and makes it possible for you to resume sports and recreation.

	DURATION	PRICE
Consultation with a physiotherapist	20 min	25,00 €
Assisted exercises	20 min	25,00 €
Physiotherapy treatment*	30 min	40,00 €
Physiotherapy treatment*	40 min	50,00 €
Physiotherapy treatment**	50 min	55,00 €
Active exercises	10 min	12,00 €
Range of motion with a dynamic splint – knee, shoulder		15,00 €
Small kinesio taping (2 tapes)		15,00 €
Big kinesio taping (3 tapes)		20,00 €
Kinesio taping (own tape)		9,00 €

* Treatment of the locomotor system with selected manual techniques (diagnosis and therapy).

** Treatment of the locomotor system with selected manual techniques (diagnosis and therapy) combined with a physical modality.



Special treatments

	DURATION	PRICE
Special manual treatments (Cyriax,...)	50 min	60,00 €
Myofascial trigger point treatment	30 min	45,00 €
Special treatments (INN technique, neurodynamics, mobilization of the nervous system)	30 min	35,00 €

Mechanical lymphatic drainage

Mechanical lymphatic drainage		18,00 €
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Hydrotherapy

Group water gymnastics		10,00 €
Pearl bath		20,00 €
Mineral bath		25,00 €



Measurements

	PRICE
Measurements of uniaxial joints	10,00 €
Measurements of multiaxial joints	20,00 €
Muscle testing	30,00 €

Electrotherapy

Diadynamic currents, interference currents, TENS	18,00 €
Electrical stimulation	20,00 €
COMPEX	20,00 €
Laser – one area	20,00 €
Ultrasound (one area)	20,00 €
Bioptron therapy	15,00 €
Magnetic therapy	15,00 €

Laser therapy (MIS)

Consultation and first treatment	70,00 €
Further treatments – one area	40,00 €
Further treatments – two areas or more	50,00 €

Shockwave therapy

Consultation and first treatment	70,00 €
Further treatments – one area	40,00 €
Further treatments – two areas or more	50,00 €

Tecar therapy

10 min (1 therapy)	25,00 €	15 min (5 therapy)	160,00 €
10 min (3 therapy)	70,00 €	30 min (1 therapy)	50,00 €
10 min (5 therapy)	110,00 €	30 min (3 therapy)	160,00 €
15 min (1 therapy)	35,00 €	30 min (5 therapy)	250,00 €
15 min (3 therapy)	100,00 €		

PACKAGES

Package 1 – MIS laser (5 x) und Tecar therapy (5 x 10 min)	300,00 €
Package 2 – Shockwaves (5 x) und Tecar therapy (5 x 10 min)	300,00 €

Thermal therapy

Peloid therapy – peat wrap

	PRICE
1 wrap	20,00 €
2 wraps	25,00 €

Thermal pack

1 wrap	10,00 €
2 wraps	15,00 €

Cryopack

1 wrap	10,00 €
2 wraps	15,00 €

IR light

IR light	15,00 €
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Medical massage therapies

	DURATION	PRICE
Manual massage – partial	10 min	15,00 €
Manual massage – half body	20 min	25,00 €
Manual massage – full	40 min	40,00 €
Therapeutic manual massage	10 min	25,00 €
Therapeutic manual massage	20 min	40,00 €
Antirheumatic massage (antirheumatic oil)	10 min	20,00 €
Antirheumatic massage (antirheumatic oil)	20 min	25,00 €
Antirheumatic massage (antirheumatic oil)	40 min	45,00 €
Treatment of scars	20 min	25,00 €
Manual lymphatic drainage (one limb)	20 min	25,00 €
Manual lymphatic drainage (two limbs)	40 min	45,00 €
Manual lymphatic drainage – facial		35,00 €
Special medical lymphatic drainage	50 min	60,00 €

Health programmes

	DURATION	PRICE
Rehabilitation programme	min. 5 days	300,00 €

This programme is individually tailored to patients to improve the post-operative or post-trauma condition of any joint, muscle or ligament.

- 1 medical examination
- 5 exercise sessions
- 5 electrotherapies (muscle or nerve stimulation, interference currents or magnetic therapy)
- 3 pool exercise sessions
- 2 half-body massages

Lower back pain programme	min. 3 days	200,00 €
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This programme is aimed at people suffering from lower back pain. It combines the power of nature with human experience and expertise, as well as mechanical energy. These therapies are used to improve mobility, strengthen muscles and relieve pain.

- 1 medical examination
- 2 pool exercise sessions
- 2 exercise sessions
- 2 pain relief therapies
- 1 peloid wrap

*This programme can be booked for three days, six days or longer.

Small Spa Programme

PRICE

220,00 €

1 initial examination by the health resort physician who prescribes therapies
6 therapies as recommended by the physician
1 final consultation with the physician

Large Spa Programme

330,00 €

1 initial examination by the physician who prescribes therapies
12 therapies as recommended by the physician
1 half-body manual massage (20 min)
1 final consultation with the physician

Expanded Spa Programme

450,00 €

1 initial examination by the physician who prescribes therapies
20 therapies as recommended by the physician
1 final consultation with the physician

Booking

We recommend booking your services at the Health Centre a few days before your chosen dates.

Cancellations

Please make any cancellations no later than on the day before your booked appointment. If the services booked are not cancelled and not used, they will be charged in full.

Advice

We recommend arriving at the Health Centre 10 minutes before your appointment. Please inform the therapist in advance about any relevant medical issues. People with serious conditions are advised to consult their physician before using any therapies.

Opening hours

Health Centre reception
Monday to Friday: 8.00 - 15.00

Phone: +386 2 749 45 50
E-mail: zdravstvo@terme-ptuj.si

TERME PTUJ

SAVA HOTELS & RESORTS

The prices are in EUR and apply as of 15.03.2024. The prices include VAT in accordance with the legislation.
We reserve the right to change the prices.

Sava Turizem d.d.
Terme Ptuj, Pot v toplíce 9, 2251 Ptuj, Slovenia